

THE RUTHERFORD Report

THE NEWSLETTER OF SECOND DISTRICT SUPERVISOR JANICE RUTHERFORD

Fall 2016



A UMakeers member shows personalized dog tags she created using a laser cutter at the club's warehouse space in Upland.

Liberty cannot be preserved without a general knowledge among the people.

—John Adams

Club Aims to Spark Members' Creativity

In a small warehouse space in Upland, people are making stuff. Lots of stuff—plastic Batman Buddhas, super hero masks, Christmas tree decorations, jewelry, dog tags and tons more.

Rob Perhamus, who started UMakeers late last year, envisions even grander things emerging from the nonprofit community club that he bills as a shared space for local artists, engineers, entrepreneurs and dreamers.

"This is a Fab Lab, not a shop class," he said.

The term "Fab Lab" was coined by the Center for Bits and Atoms at the Massachusetts Institute of Technology in the early 2000s when it launched a campaign to promote digital fabrication. Today there are Fab Labs in more than 30 countries around the globe.

CLUB, PAGE 2

Delivered Meals a Lifeline for Some



Diane Reed had just become a fulltime resident of the San Bernardino Mountain community of Skyforest in 2004 when she read about Mountain Meals on Wheels in the local newspaper, The Mountain News.

"They said they needed drivers, and I had time and a car," she said.

Volunteering had been a part of Diane's life since she was a child. Her mother and father were constantly volunteering and regularly brought their six children along to help. Diane kept up the tradition, volunteering with Girl Scouts,

soccer teams, home rooms, etc. as she and her husband, Dan, raised their two kids in Upland.

Diane contacted Shelley Long—the longtime president of Mountain Meals on Wheels—who gave her a run down of the program and connected her with an existing volunteer driver to show her the ropes.

Once a week she received a list of meal recipients and directions to their homes. The list changed regularly because clients dropped out of the program when they no longer needed the service, like the lady with the severely broken leg who only needed help until she was back on her feet. Others, including elderly and developmentally disabled individuals, stayed on the list.

MEALS, PAGE 2

MEALS, PAGE 1

“Every person is different, and every person has a different reason why they need the program,” Diane said.

The same can be said for how clients accepted their meals.

Diane never saw one recipient in her 80s who simply left a cooler by the front door to collect her meals. Another never failed to come out and thank her for the delivery, and another loved telling her stories about his younger days.

“Sometimes you are the only person they see that day,” she said.

Diane started her days as a driver picking up meals from Mountains Community Hospital in Lake Arrowhead. Transported in coolers, the meals include an entrée, vegetables, fruit, drink and dessert. Each costs Mountain Meals on Wheels \$3.75. The program charges recipients based on their income, so some pay less. But many pay full cost.

“That’s a great price,” Diane said. “You can’t get a dinner at a fast food place for \$3.75.”

Besides meal payments, the program gets a great deal of financial support from mountain community organizations and businesses such as the Mountain Sunrise Rotary Club, Soroptimist International Rim of the World, Goodwin’s Market, Ted Roy Charity Foundation and others.

There are slots for up to 40 clients, but Diane—who became much more involved in running the program after several years as a driver—said they always leave a few spots

open for emergency situations, such as patients recovering from open heart surgery at home.

“I don’t want to get up to 40 and have to turn people like that away,” she said.

Today, there are 25 dedicated volunteer drivers working the program’s three routes, which stretch from Cedarpines Park to Green Valley Lake. Many are retired seniors, but there are some younger ones, too, including a college student studying to be a social worker and a United Airlines flight attendant who helped secure a grant for the program from the airline. Mountain Meals on Wheels also has seven committed volunteer directors who shepherd the program. Some occasionally serve as drivers.

Recipients learn about the program through hospital social workers, the local newspaper, and word of mouth. There’s also a Website developed by Diane’s husband that’s helped spread the word...sometimes a little too far.

One meal request came from a Vermont resident.

“She said, ‘But you are called Mountain Meals on Wheels,’” Diane said. “I told her we have mountains out here in California, too. She wanted us to freeze the meals and send them to her by mail.”

Diane politely declined.

Learn more about Mountain Meals on Wheels by visiting www.mountainmealsonwheels.org

CLUB, PAGE 1

Perhamus wants his club to serve as a hub for creative thinkers and an incubator for new businesses. He pictures members designing advanced prosthetic limbs and inventing gadgets that haven’t even been thought of yet.

“How do you teach and train people to do the new thing when you don’t know the future?” he mused one day while talking to staff members from the San Bernardino County Superintendent of Schools Office about digital fabrication.

Located in College Business Park on the border of Upland and Claremont, UMakeers is outfitted with multiple 3-D printers, a laser cutter, computer-assisted router, and a cache of other helpful tools, including a belt sander, electrical circuitry and an antique sewing machine.

It’s open seven days a week from 9 a.m. to 9 p.m., but Rob asks members to call ahead just in case.

Most of the action takes place on week nights and weekends when the club hosts classes where members and guests can learn how to use the club’s high-tech tools.

Ivanna Chavez, 21, of Rancho Cucamonga discovered UMakeers on the website MeetUp.com, which helps like-minded people connect. She’s using her skills to create dog tags to sell through her dog-walking business, Dogma.

Rob offers paid memberships to the club, rents out space to members, and sells materials to keep the club open, and he freely admits to scouring trash bins for ceramic tiles, wood, and other material he and his fellow members can reuse at the club.

“When you have a nonprofit start up, that’s what you do,” he said.

Visit www.Umakers.org to learn more about this local business.

A New Approach to Mental Health Care

Individuals suffering from a mental health crisis are often routed to hospital emergency rooms where they can be held for up to 72 hours while doctors evaluate whether they would benefit from in-patient psychiatric hospitalization or a lower level of care.

This involuntary detention is commonly referred to as a “5150 hold” after the Welfare and Institutions Code that authorizes it. While many patients placed on 5150 holds end up not requiring psychiatric hospitalization, if they do not receive on-going care to stabilize their mental health issues, they end up back in the ER.

That revolving door costs taxpayers millions of dollars annually and does not serve the best interests of the patients. San Bernardino County’s Department of Behavioral Health is trying to close that revolving door by using an approach that involves early intervention, intensive follow-up care and, when necessary, residential treatment in a home-like setting.

Behavioral Health’s Community Crisis Response Teams are the frontline of this effort. The multidisciplinary teams provide field response throughout the County for crisis intervention and transportation to appropriate services. The teams are co-located in the San Bernardino Police Department and Fontana Police Department to assist law enforcement on calls involving behavioral health issues. The goal is to avoid unnecessary and costly incarceration or hospitalization for those experiencing a psychiatric crisis.

While police would typically take these individuals to a hospital for possible 5150 holds, the Community Crisis

Response Team may determine hospitalization isn’t needed and direct individuals to other care options.

Behavioral Health has also established Triage Engagement Support Teams to provide intensive case management services that link patients with needed resources for ongoing stability and support. These Triage Teams are co-located at critical access points with several law enforcement agencies and other entities throughout the County.

Behavioral Health’s Crisis Walk-In Clinics—located in Rialto, Victorville and the Morongo Basin—are one alternative to hospitalization. Individuals may be referred to a clinic by a Crisis Team or they may check themselves in for voluntary crisis intervention services.

In addition, Behavioral Health is in the process of constructing two Crisis Stabilization Units in San Bernardino and Fontana that will provide consumers with up to 23 hours of psychiatric urgent care. The Crisis Stabilization Units will be open for services 24 hours a day, seven days a week.

“Individuals don’t go to the hospital if they don’t need it,” said Sharon Nevins, a Deputy Director for the County Department of Behavioral Health. “Emergency room resources can be better utilized for individuals who need emergency medical care.”

After individuals are treated at a Crisis Walk-In Clinic, they may be released to go home, connected to an outpatient clinic, or transferred to a higher level of care. Behavioral Health staff follows up with patients to help ensure they

MENTAL HEALTH, PAGE 4

2nd District Trivia

Last Issue’s Answer: Mt. Baldy (a.k.a. Mount San Antonio) supplied ice for the Beaudry and Marchessault’s ice cream saloon—LA’s first ice cream parlor—in the mid-1800s.

Question: In the 1970s, this small lake was formed during a project to protect the Lake Arrowhead dam from possible collapse during a major earthquake.

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Residents can get free one-on-one help with a multitude of housing and financial issues at a new virtual empowerment kiosk located at the Lewis Library and Technology Center in Fontana.

The virtual empowerment kiosk is part of the new Virtual Counselor Network that is available to help residents connect with services and counselors that can help with a variety of housing and financial issues. Counselors help with matters such as buying a home, starting a business, fixing bad credit, mortgage modifications, landlord-tenant questions and more.

Residents seeking help can visit a kiosk to speak to a Triage Counselor through video chat. After a brief conversation, the Triage Counselor facilitates and starts an online counseling session with a variety of counselors that are available on the Virtual Counselor Network.

Counselors can also share informative visuals, budget spreadsheets, mortgage documents, brochures and other documents through the online portal.

"The video feature helps make it more personal and accessible. A person using the VCN can meet with a counselor and receive services without having to travel far distances," said Roberto Gonzalez, a Program Manager with Housing Opportunities Collaborative.

The Lewis Library is located at 8437 Sierra Avenue. Another VCN kiosk is available at El Sol Educational Center in San Bernardino.

Visit www.virtualcounselornetwork.org or call (800)826-1502 or for more information about VCN and the Housing Opportunities Collaborative.

Upcoming Events

September 24	The Running Springs Farmers Market and Artisan Faire will take place from 10 a.m. to 1 p.m. at 2625 Whispering Pines Drive.
September 29	The 15th annual Upland Trivia Bee starts at 6 p.m. at the Carnegie Cultural Center located at 123 East D. Street, Upland. Contact the Upland Library at (909) 931-4200 to find out how to participate in this fun-filled event.
October 1	The Fontana Mayor's Gala will take place from 6 to 10 p.m. at the Jessie Turner Community Center. Tickets costs \$50, and proceeds benefit the Boys and Girls Club of Fontana. Call (909) 822-4988 for information.
October 1	The Upland Oktoberfest/Autumn Faire will be held from 10 a.m. to 10 p.m. in downtown Upland. Enjoy live entertainment, craft vendors, food trucks, a kiddie zone and more.
October 15	Come out to Upland Fire Station #164 at 1825 N. Campus Avenue between 9 a.m. and 2 p.m. to learn about how the city's firefighters and volunteers prepare for disasters.
October 15	Enjoy a lobster or steak dinner or both during the 7th annual Lobsterfest and Disability Awareness Mystery Dinner Theater hosted by Industrial Support Systems, which provides work opportunities for adults with disabilities. The event takes place from 6 to 9 p.m. at 8608 Live Oak Avenue. Call (909) 428-3833 for information.
October 21	The 20th annual Vintners Celebration will take place from 6 to 11 p.m. at the Ontario Convention Center. Call the Rancho Cucamonga Chamber of Commerce at (909) 987-1012 to purchase tickets or for more information.
October 29	The IE Light the Night Walk in support of the Leukemia and Lymphoma Society will take place at the Auto Club Speedway in Fontana. Visit http://pages.lighthenight.org/ocie/InlandEm16 to learn how to participate.
October 31	The City of Upland will host the Scary-A-Faire Celebration from 5 to 8 p.m. in downtown Upland. Streets will be closed for trick-or-treating. There will also be a costume contest and other activities.
November 5	The 20th annual Spaghetti Dinner fundraiser will take place at the Gibson Senior Center, 250 N. 3rd Avenue. Proceeds benefit local after school programs. Plates cost \$20 for adults and \$10 for children. Call (909) 931-4280 for information.
November 25	The Lake Arrowhead Classical Ballet Company will host the first showing of The Nutcracker at the Rim of the World High School Performing Arts Center at 2:30 p.m. Call (909) 336-1359 for ticket details and additional showtimes.

Dates and times are subject to change without notice. Please contact Supervisor Rutherford's office at (909) 387-4833 if you have any questions or suggestions for the Events Calendar. You can view information about more local events on Supervisor Rutherford's home page at www.sbcounty.gov/rutherford.